

A Script for Confession

adapted by Priest Andrew Smith from the Brief Confession, which is from the Full Confession of St Demetrios of Rostov

*Venerate the Gospel and the Cross, then
turn to the priest and receive a blessing.*

I confess to the Lord my God, and before you, Father, all of my sins. I have sinned in many ways and at many times – including through the things I do, or say, or think.

I have sinned through my lack of thanks to God for how He has blessed me and how He has provided for me, even though I am a sinner.

Say your own sins here.

● Speaking without needing to.	● Yelling at people
● Judging other people.	● Gossiping about people.
● Being stubborn.	● Telling lies.
● Being full of pride, as if all things did not come from God.	● Doing what I want, instead of considering others.
● Not caring about the problems that other people struggle with.	● Telling people off when it's not my place.
● Being jealous of other people.	● Tempting other people to sin.
● Being angry at other people.	● Not being humble.
● Putting other people down behind their back.	● Desiring an object or a position.
● Not paying attention.	● Being vain.
● Not being concerned about my salvation, and not working towards it.	● Eating more food than I needed to. Drinking more than I needed.
● Being careless.	● Being picky about the food I eat.
● Thinking or doing things that aren't relevant to being followers of Christ.	● Not spending time thinking about important or eternal things.
● Being easily irritated.	● Being lazy.

● Being sad because of a loss of hope.	● Thinking about things that I know I shouldn't.
● Disobeying people I should obey (like parents, teachers, bosses, clergy, or good laws).	● Looking at things that I know I shouldn't.
● Being bitter about something.	● Wanting to have more things.
● Doing bad things to someone because they did bad things to me.	● Skipping church (or wishing I could skip church) because I couldn't be bothered.
● Complaining about things.	● Not focusing on prayer while in church services.
● Trying to justify myself when I have made mistakes.	● Not focusing on prayer in my own prayer time.
● Contradicting other people unnecessarily.	● <i>(And anything else you can think of.)</i>

I have sinned in my actions, my words and my thoughts.

I have sinned through each of my senses.

I also repent for any sin that I forgot, and any other sin I have done.

For all these things, I ask forgiveness. I declare my desire to turn away from these sins and to do good instead, for the sake of Jesus Christ.

I ask for forgiveness, venerable father, and to be cleansed of these sins, so that they will not be held against me. I also ask for a blessing to partake of Holy Communion, which I know is necessary for eternal life.

Here, the priest may offer guidance.

When the priest says to, bow your head over the Gospel. The priest will place his stole on your head, and then read prayers to reconcile you and to absolve you of your sins.

When he has read the two prayers, venerate the Gospel & the cross, and receive a blessing from the priest.